NMCP COVID-19 Report #12: Friday, 08 May 2020

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Disclaimer: I am not a medical professional. This document is current as of the date noted above. While I make every effort to find and summarize available data, things are changing rapidly, with new research and potentially conflicting literature published daily. Best practice and evidence are constantly shifting during this international public health crisis.

Reports are biweekly, planned for Tuesdays and Fridays.

Statistics

Global 3,866,642 confirmed cases and 270,118 deaths in 187 countries/regions

United States top 5 states (Virginia is ranked 16th)

| | TOTAL | NY | NJ | MA | IL | CA |
|-----------------|-----------|-----------------|---------|---------|---------|---------|
| Confirmed Cases | 1,256,972 | 327,469 | 133,991 | 73,721 | 70,871 | 62,360 |
| Recovered | NA | 55 <i>,</i> 547 | 15,642 | NA | NA | NA |
| Deaths | 75,670 | 26,144 | 8,807 | 4,552 | 3,111 | 2,546 |
| Tested | 8,105,513 | 1,089,916 | 292,658 | 351,632 | 379,043 | 842,874 |

JHU CSSE as of 1000 EDT Friday, 08 May 2020

NA: not all data available

Navy (Department of Defense)

| | TOTAL MIL | | CIV | DEP | CTR | |
|--------------|-----------|-------|-----|-----|-----|--|
| Cases | 1,684 | 1,456 | 138 | 46 | 44 | |
| Hospitalized | 22 | 10 | 6 | 1 | 5 | |
| Recovered | 985 | 668 | 169 | 80 | 68 | |
| Deaths | 8 | 1 | 5 | 0 | 2 | |
| Cumulative* | 2,677 | 2,125 | 312 | 126 | 114 | |

^{*}cumulative total = active + recovered + deaths

DoD dated Thursday, 07May 2020

| Virginia | Total | Chesapeake | Hampton | Newport News | Norfolk | Portsmouth | Suffolk | Virginia Beach |
|--------------|--------|------------|---------|-----------------|---------|------------|---------|-------------------|
| Cases | 22,342 | 316 | 135 | 144 | 274 | 194 | 209 | 469 |
| Hospitalized | 3,059 | 68 | 28 | 35 | 50 | 37 | 39 | 84 |
| Deaths | 812 | 9 | 3 | 10 | 5 | 8 | 19 | 17 |

VA DOH as of 1000 EDT Friday, 08 May 2020

Quarantine

Guidelines for Healthcare Workers (HCWs)

As of this writing, the CDC guidance for return-to-work for HCWs focuses on those with suspected or confirmed COVID-19, and those asymptomatic but had a laboratory-confirmed positive result for COVID-19 in a US setting (CDC [hcw]). The CDC also has operational considerations for HCWs exposed or infected with COVID-19 in non-US settings. In that guidance, the CDC recommends:

"Ideally, HCWs who had a high-risk exposure should be restricted from work and remain quarantined with active monitoring for COVID-19 symptoms for 14 days after the date of last exposure. should be restricted from work and remain quarantined with active monitoring for COVID-19 symptoms for 14 days after the date of last exposure. If at any time the worker develops fever or symptoms, they should undergo medical evaluation and COVID-19 testing, if indicated. Those who test negative should continue to be restricted from work, actively monitored and may return to work at the end of the monitoring period if symptoms are resolved. Those HCWs who remain asymptomatic over the monitoring period may likewise return to work after 14 days." (CDC [nonUS])

The European Centre for Disease Prevention and Control has similar guidance to the CDC for contact tracing and isolation of HCWs with low- or high-risk exposure to COVID-19 (ECDC). The WHO offers a checklist for risk assessment and management for HCWs exposure (WHO).

The Evidence

The 14-day quarantine period for COVID-19 appears to be based on the incubation period of SARS-CoV-2, which was determined largely by a pooled analysis of 181 confirmed cases reported between 04 January 2020 and 24 February 2020 in China (Ann Intern Med). These cases were found via news reports and press releases from areas with no known community transmission outside of the known epicenter of Wuhan; time to possible exposure, symptom onset were recorded and then analyzed using an assumed log-normal distribution incubation time like other acute respiratory viral infections. The model was fitted to the recorded observations. The authors note:

"Among those who are infected and will develop symptoms, we expect 101 in 10,000 (99th percentile, 482) will do so after the end of a 14-day monitoring period (Table 2 and Figure 3) and our analyses do not preclude this estimate from being higher. Although it is essential to weigh the costs of extending active monitoring or quarantine against the potential or perceived costs of failing to identify a symptomatic case, there may be high-risk scenarios (for example, a health care worker who cared for a COVID-19 patient while not wearing personal protective equipment) where it could be prudent to extend the period of active monitoring." (Ann Intern Med)

Previous studies estimated similar incubation periods: an analysis of 88 confirmed cases outside Wuhan showed a mean incubation period of 6.4 days (95% CI: 5.6–7.7 days), with a range of 2.1 to 11.1 days (<u>Euro Surveill</u>); and another analysis of 158 confirmed cases outside Wuhan estimated a median incubation period of 5.0 days (95% CI: 4.4–5.6 days), with a range of 2 to 14 days (<u>J Clin Med</u>). More recently, a larger study of the first 425 patients confirmed with COVID-19 in Wuhan found a mean incubation period of 5.2 days (95% CI: 4.1–7.0 days) (<u>NEJM</u>).

One potential problem with these estimates is that they are based on publicly available case data from early cases in China, a country not exactly known for being open and forthcoming with accurate, unbiased information.

These estimates, however, do align with other known human coronaviruses such as SARS-CoV and MERS-CoV (EMC/2012). In a Toronto-based study of SARS-CoV, the mean incubation period was 5 days (median 4 days; range 2–10 days) (CMAJ). An analysis of MERS-CoV estimated a mean incubation period of 6.9 days (95% CI: 6.3–7.5 days) for cases in South Korea and 5.0 days (95% CI: 4.0–6.6 days) among cases in Saudi Arabia (Sci Rep). A 2009 systematic review of incubation periods of acute respiratory viral infections, including human coronavirus and SARS, reported similar incubation periods (Lancet Infect Dis).

History of Quarantine

The practice of quarantine or isolation of infected persons dates back centuries. In 549, the Byzantine emperor Justinian instituted a law to hinder and isolate people coming from bubonic plague infested regions (PBS). Later examples of isolation include China detaining plague-stricken sailors and foreign travelers in the 600s, and restrictions of lepers to special houses or colonies to separation from society (PBS).

Quarantine as a formal strategy to control the spread of infectious diseases was first introduced in 1377 in modern day Dubrovnik, Croatia in response to the black plague (Emerg Infect Dis). Ships traveling from areas of plague were required to stay offshore for 30 days before docking – anyone healthy left after that time was allowed onshore. Thirty was later extended to 40 days, giving rise to the term quarantine, from the Italian 'quaranta' meaning 40 (ScienceAlert). The reason behind the 40 days length for isolation is unknown, but may have been based on Hippocrates theories, Pythagorean theory of numbers, or because of biblical significance (Emerg Infect Dis).

In the United States, the first uses of quarantine as a public health measure were in New York City; in 1738, Bedloe's Island, the location of the Statue of Liberty, was designated a quarantine station (WashPo). Continued outbreaks of yellow fever led Congress to pass federal quarantine legislation in 1878 (CDC [hoq]). The list of diseases subject to federal isolation and quarantine law (revised at different times by executive order) includes cholera, plague, smallpox, yellow fever, and now COVID-19 (HHS).

Summaries from Other Sources

CEBM: Is a 14-day quarantine effective against the spread of COVID-19? (06 April 2020)

"Effectiveness of quarantine during a viral outbreak relies on the timing and accuracy of the quarantine period, as well as the ability of individuals and health care providers to follow quarantine procedures. Current evidence to inform quarantine is limited, and COVID-19 infection trends raise critical questions about implementation effectiveness."

<u>CEBM</u>: Is oxygen an effective treatment option to alleviate the symptoms of breathlessness for patients dying with COVID-19 and what are the potential harms? (07 May 2020)

"There is no existing research evidence involving patients with COVID-19 to directly inform the use of oxygen therapy in the management of breathlessness for dying patients. For patients with COVID-19, there is no evidence of benefit of oxygen therapy in the absence of hypoxemia. There may be a role for its use to wean patients with COVID-19 from ventilator support. If oxygen therapy is used, existing guidelines contain recommendations for the management of oronasal face masks, the potential adverse effects of oxygen therapy in the palliative care setting (e.g. impaired communication between patient and family) and the need to balance patient factors with cost effectiveness, resources and safety."

Selected Primary Literature

Recent – peer-reviewed; published within the last 7 days of report date

<u>JAMA</u>: Surgery in a Time of Uncertainty: A Need for Universal Respiratory Precautions in the Operating Room (07 May 2020)

In this Viewpoint article, the author suggests: "Facilities should consider adoption of a universal precaution protocol for respiratory infections in the OR [operating room] because it offers a path to mitigate the risk of exposure to SARS-CoV-2 and protect the most important resource in health care: physicians, surgeons, nurses, and other health care personnel."

NEJM: A Trial of Lopinavir–Ritonavir in Adults Hospitalized with Severe Covid-19 (07 May 2020)

"A total of 199 patients with laboratory-confirmed SARS-CoV-2 infection underwent randomization; 99 were assigned to the lopinavir—ritonavir group, and 100 to the standard-care group. Treatment with lopinavir—ritonavir was not associated with a difference from standard care in the time to clinical improvement (hazard ratio for clinical improvement, 1.31; 95% CI: 0.95–1.80). Mortality at 28 days was similar in the lopinavir—ritonavir group and the standard-care group (19.2% vs. 25.0%; difference, –5.8 percentage points; 95% CI: –17.3–5.7)...."

"In hospitalized adult patients with severe Covid-19, no benefit was observed with lopinavir—ritonavir treatment beyond standard care. Future trials in patients with severe illness may help to confirm or exclude the possibility of a treatment benefit."

Ann Intern Med: Autopsy Findings and Venous Thromboembolism in Patients With COVID-19: A Prospective Cohort Study (06 May 2020)

"Autopsy revealed deep venous thrombosis in 7 of 12 patients (58%) in whom venous thromboembolism was not suspected before death; pulmonary embolism was the direct cause of death in 4 patients.... In all patients, SARS—CoV-2 RNA was detected in the lung at high concentrations; viremia in 6 of 10 and 5 of 12 patients demonstrated high viral RNA titers in the liver, kidney, or heart...."

"The high incidence of thromboembolic events suggests an important role of COVID-19—induced coagulopathy. Further studies are needed to investigate the molecular mechanism and overall clinical incidence of COVID-19—related death, as well as possible therapeutic interventions to reduce it."

<u>JAMA</u>: Interpreting Diagnostic Tests for SARS-CoV-2 (06 May 2020)

"This Viewpoint describes how to interpret 2 types of diagnostic tests commonly in use for SARS-CoV-2 infections—reverse transcriptase—polymerase chain reaction (RT-PCR) and IgM and IgG enzyme-linked immunosorbent assay (ELISA)—and how the results may vary over time."

<u>JAMA Netw Open</u>: Estimated Demand for US Hospital Inpatient and Intensive Care Unit Beds for Patients With COVID-19 Based on Comparisons With Wuhan and Guangzhou, China (06 May 2020)

"In this comparative effectiveness study, higher inpatient and intensive care unit utilization in Wuhan was compared with lower utilization in Guangzhou, which implemented strict social distancing measures as well as contact tracing and quarantine protocols earlier than Wuhan. The projected number of prevalent critically ill patients at the peak of a Wuhan-like outbreak in US cities was estimated to range from 2.2 to 4.4 per 10,000 adults, depending on differences in age distribution and comorbidity (ie, hypertension) prevalence...."

"The findings of this study suggest that strict disease control strategies should be implemented early to mitigate the demand for inpatient and intensive care unit beds during a coronavirus disease 2019 outbreak."

<u>BMJ</u>: Occurrence, prevention, and management of the psychological effects of emerging virus outbreaks on healthcare workers: rapid review and meta-analysis (05 May 2020)

"Risk factors for psychological distress included being younger, being more junior, being the parents of dependent children, or having an infected family member. Longer quarantine, lack of practical support, and stigma also contributed. Clear communication, access to

adequate personal protection, adequate rest, and both practical and psychological support were associated with reduced morbidity."

Int J Antimicrob Agents: SARS-COV-2 was already spreading in France in late December 2019 (01 May 2020)

"The COVID-19 epidemic is believed to have started in late January 2020 in France. We report here a case of a patient hospitalized in December 2019 in our intensive care, of our hospital in the north of Paris, for hemoptysis with no etiological diagnosis and for which RT-PCR was performed retrospectively on the stored respiratory sample which confirmed the diagnosis of COVID-19 infection. Based on this result, it appears that the COVID-19 epidemic started much earlier."

Grey Literature – preprints, special reports, white papers, and other non-peer-reviewed publications

JHCHS: Operational Toolkit for Businesses Considering Reopening or Expanding Operations in COVID-19 (06 May 2020)

"This operational toolkit has been developed to help business owners who are considering reopening or expanding their operations to determine their establishments' risk of transmission of COVID-19 and how to reduce it. The Operational Toolkit consists of 3 parts: an instruction manual; a business risk worksheet; and an assessment calculator."

amfAR: Assessing Differential Impacts of COVID-19 on Black Communities (02 May 2020)

"Discrete state and city data sources show that Black Americans may be at elevated risk for COVID-19 infection and death, but (as of April 15, 2020) the race/ethnicity of 78% of current diagnoses nationally were 'unknown'. Because alternative methods are needed to estimate the impact of COVID-19 in black communities, we compared COVID-19 cases and deaths in above average (i.e. > 13% of the population) black counties versus all other US counties. Roughly one in five counties nationally is disproportionately black and only represent 35% of the US population, but we found that these counties accounted for nearly half of COVID-19 cases and 58% of COVID-19 deaths. Structural factors including health care access, density of households, unemployment, pervasive discrimination and others drive these disparities, not intrinsic characteristics of black communities or individual-level factors."

See also: https://ehe.amfar.org/inequity

In Brief

The New Normal

"As we continue to learn about this virus and how to mitigate its risk, the widespread public health measures you are actively, practicing--physical distancing, face coverings, minimizing group events, frequent hand-washing, sound sanitation practices, a questioning attitude on how we are feeling – must be our new normal" (CNO).

Noteworthy

Three Russian physicians who complained working conditions during the pandemic fell out of windows – 2 died and the third remains in intensive care in serious condition (<u>Time</u>).

Genetic tracking of the virus suggests that many outbreaks around the US were seeded by travel from New York City before restrictions were in place (NYT).

The former head of the Biomedical Advanced Research and Development Authority has filed a whistleblower complaint alleging he was reassigned because he tried to "prioritize science and safety over political expediency" (WashPo).

Ripple Effects

"COVID-19 pandemic and resulting lockdowns could have a devastating impact on the global tuberculosis burden in the coming years" (CIDRAP).

With schools out, a critical link in reporting child maltreatment and monitoring well-being has been lost (STAT).

In case you needed more to worry about, stagnant water in unused buildings can harbor infectious bacteria and heavy metals (Nature).

"We feel helpless, misled, and let down by the people who were supposed to protect us—and we'll need a different kind of vaccine for that" (Rolling Stone).

Controlling Information

A journalist was removed from Egypt for reporting on COVID-19 (CJR).

China is questioning and detaining people who have information that challenges official reports of the outbreak (NPR).

The second in a series of viewpoint papers looks at crisis communication and how to plan and implement effective messaging during the pandemic (<u>CIDRAP</u>).

Communities of color carry an unequal burden of disease with COVID-19, and messages need to be more culturally sensitive to reach them (<u>SciAm</u>).

Looking Ahead

Planned for upcoming reports: new therapies; special topic on ethics during pandemics; and any other submitted requests.

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